

Week of January 1st-6th

**Thursday, January 1st**

Happy New Year  
2015

All Three Sites Closed

**Friday, January 2nd**

Split Pea Soup  
Fish or Egg Puff & Scalloped Potatoes  
Brussels Sprouts  
Romaine Lettuce and Mushroom Salad  
Pumpkin Cake

**Saturday, January 3rd**

Cream of Mushroom Soup  
Roast Chicken with Brown Rice  
Mixed Vegetables  
Broccoli Slaw

**Sunday, January 4th**

Hot BBQ Beef Sandwich  
Country Style Tomatoes  
Baked Beans  
Spinach with Shredded Carrots  
Oatmeal Cookies

**Monday, January 5th**

Navy Bean Soup  
Chicken Primavera & Noodles  
Mixed Vegetables  
Coleslaw  
Banana

**Tuesday, January 6th**

Roast Pork  
Bread Dressing  
Spinach & Garden Salad  
Cup of Fruit Cocktail

Week of January 7th-12th

**Wednesday, January 7th**

Albondigas Soup  
Enchilada Pie  
Refried Beans & Rice  
Marinated Tomato Salad  
Cantaloupe Wedge

**Thursday, January 8th**

"Birthday's of the Month"  
Turkey Divan & Mashed Potatoes  
Fiesta Green Beans  
Broccoli Slaw  
Chocolate Birthday Cake

**Friday, January 9th**

Fish or Oven Baked Chicken  
Fresh Yam  
Peas and Corn  
Tossed Green Salad  
Cup of Juicy Pears

**Saturday, January 10th**

Country Fried Steak & Barley Pilaf  
Cauliflower and Carrots  
Romaine Lettuce and Tomato Salad  
Butterscotch Pudding

**Sunday, January 11th**

Chicken Adobe  
Brown Rice  
Brussels Sprouts  
Caesar Salad  
Apple

**Monday, January 12th**

Pork and Broccoli Stir Fry  
Barley Pilaf  
Peas & Pearl Onions  
Marinated Cucumber Tomato Salad  
Fresh Cluster of Grapes

Week of January 13th-18th

**Tuesday, January 13th**

Beef Stroganoff & Noodles  
Harvard Beets  
Broccoli Slaw  
Tapioca Pudding

**Wednesday, January 14th**

Turkey with Gravy  
Mashed Potatoes  
Mixed Vegetables  
Romaine Lettuce and Tomato Salad  
Fresh Orange

**Thursday, January 15th**

Italian Wedding Soup  
Chicken Parmigiana & Spaghetti  
Peas and Red Peppers  
Pineapple Cole Slaw  
Fresh Banana

**Friday, January 16th**

Fish or Salisbury Steak  
Scalloped Potatoes  
Broccoli & Carrots  
Garden Green Salad  
Flavored Yogurt

**Saturday, January 17th**

Pork Stew with Vegetables  
Three Bean Salad  
Spinach Mandarin Orange Salad  
Oatmeal Cookies

**Sunday, January 18th**

Stuffed Baked Potato with  
Cubed Turkey White Sauce  
Creamed Spinach  
Coleslaw  
Fresh Apple

Week of January 19th-24th

**Monday, January 19th**

All Three Site Closed  
in Observance of  
Martin Luther King Jr

**Tuesday, January 20th**

Cream of Tomato Soup  
Pork Chop and Sweet Potato  
Broccoli  
Lettuce and Mushroom Salad  
Apple Crisp with Oatmeal Topping

**Wednesday, January 21st**

Lentil and Carrot Soup  
Herb Chicken and Barley Pilaf  
Normandy Vegetables  
Black Eyed Peas and Corn Salad  
Cup Juicy Peaches

**Thursday, January 22nd**

Vegetable Soup  
Stuffed Bell Pepper  
Mashed Potatoes  
Green Beans  
Sliced Cantaloupe

**Friday, January 23rd**

Fish or Turkey a la King with Biscuit  
Peas and Carrots  
Spinach Mandarin Orange Salad  
Cup of Juicy Plums

**Saturday, January 24th**

Chicken Cacciatore and Red Potatoes  
Fiesta Green Beans  
Radish and Mushroom Green Salad  
Tapioca Pudding

Week of January 25th -31st

**Sunday, January 25th**

Cream of Celery Soup  
Pork Stir Fry with Fluffy Rice  
Tender Carrots  
Chinese Cabbage Slaw  
Cup of Juicy Peaches

**Monday, January 26th**

Tomato Bisque Soup  
Citrus Ginger Chicken and Brown Rice  
Normandy Vegetable  
Lettuce Tomato Salad  
Cup of Juicy Pears

**Tuesday, January 27th**

Chicken Noodle Soup  
New England Roast with Red Potatoes  
French Cut Green Beans  
Citrus Fruit on a Leaf of Lettuce Salad  
Chewy Soft Brownie

**Wednesday, January 28th**

Thyme Pork Chop & Buttered Noodles  
Zucchini & Tomatoes  
Tossed Green Salad  
Apple Sauce with Cinnamon

**Thursday, January 29th**

Vegetable Soup  
Turkey Burger & Roasted Fresh Yam  
Black Eye Peas and Corn Salad

**Friday, January 30th**

Spanish Bean Soup  
Fish or Chicken Picatta & Barley Pilaf  
Baked Winter Squash  
Marinated Three Bean Salad  
Wedge of Cantaloupe

**Saturday, January 31st**

Sweet and Sour Pork & Brown Rice  
Peas & Carrots  
Creamy Coleslaw  
Fresh Banana

HAPPY NEW YEAR



## Apple Delight Dessert

1 pound cut Granny Smith Apples  
1 cup bread crumbs  
1 teaspoon ground cinnamon  
1 teaspoon ground nutmeg  
1/8 teaspoon salt  
3/4 cup packed brown sugar  
1/2 cup butter or margarine, melted  
1/4 cup finely chopped walnuts

### Directions

- 1.Coat CROCK-POT® slow cooker with nonstick cooking spray. Place apples in bottom.
- 2.Combine bread crumbs, cinnamon, nutmeg, salt, brown sugar, butter and walnuts. Spread over apples.
- 3.Cover; cook on LOW 3 to 4 hours or on HIGH 2 hours. Cool and Serve with Vanilla Ice Cream.

Community Services and Parks Department

## Serving Meals at Three Locations:

- **Adult Recreation Center/Central Park Complex**

201 E Colorado St

Glendale Ca 91205

818 548 3775

Lunch Served: 7 days a week!

- **Sparr Heights Community Center**

1613 Glencoe Way

Glendale Ca 91208

818 548 2187

Lunch Served: Monday– Friday

- **Pacific Park Community Center**

501 S Pacific Ave

Glendale Ca 91204

818 548 3775

Lunch Served: Monday, Wednesday & Friday

***Please remember to reserve or cancel  
your meal at least one day in advance.  
Menu is subject to change without  
notice.***

Community Services and Parks Department will provide reasonable accommodations toward the inclusion of all participants. Please notify us of your needs at the time of reservation.

HAPPY  
NEW Year



Senior Cafe

January  
2015



City of Glendale  
Community Services & Parks

Telephone Reservations or  
Cancellations call  
Adult Recreation Center at  
(818) 548-3775